

FIRST AFFIRMATION

Say in your mind, say to yourself:

I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the Physical world. Therefore, in these exercises, I deeply desire to Expand, to Experience; to Know, to Understand, to Control, to Use such greater energies and energy systems as may be beneficial and constructive to me and to those who follow me. Also during these exercises, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development and experience is equal or greater than my own. I ask their guidance and protection from any influence or any source that might provide me with less than my stated desires. I now protect myself as may be needed from such influence and reject any source that may restrain me from my stated desires.

SECOND AFFIRMATION

I open this channel of communication only to those whose knowledge, wisdom, development and experience is equal or greater than my own. I restrict such contact and communication to constructive purpose, and reject all other. I open such channel only when I so consciously desire; at all other times, it will remain closed.